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ABSTRACT

Prepared for food manufacturers, this publication contains instructions for calculating the contribution that a meat or poultry product makes toward the meal pattern requirements of child nutrition programs. It also contains instructions on how to apply for and obtain the approval for a label containing a child nutrition statement. These procedures supersede all other instructions, written or oral, that the Food and Nutrition Service of the United States Department of Agriculture (USDA) may have provided. Procedures outlined in the manual apply only to meat and poultry products under the USDA Federal Meat and Poultry Inspection Program administered by the Food Safety and Inspection Service. In addition to information concerning meat and poultry, the publication includes some information about vegetables, bread, and fruit. Selected yield data for commonly used foods are provided, as are sample child nutrition label statements. (RH)

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Food and
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FNS-253

Child Nutrition Labeling for Meat and Poultry Products

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Introduction

This publication has been prepared for food manufacturers. It contains instructions for calculating the contribution that a meat or poultry product makes toward the meal pattern requirements for the Child Nutrition Programs. It also contains instructions on how to apply for and obtain approval of a label with a Child Nutrition (CN) statement. These procedures supersede all other instructions, written or oral, that the Food and Nutrition Service (FNS) of the U.S. Department of Agriculture (USDA) may have provided.

The procedures outlined in this manual only apply to meat and poultry products that are under the USDA Federal Meat and Poultry Inspection Program (MPI) administered by the Food Safety and Inspection Service (FSIS).

CN Label Application Materials

What to Submit

Submit the following information collated and stapled in the order listed below:

- FSIS MP Form 8822-1 - 6 copies
- Product Label - 6 copies
- Labels for Prepared Ingredients (e.g., cooked pizza topping) that contribute to the meat/meat alternate component - 6 copies
- Alternate Food Products (e.g., vegetable protein products) Information - 1 copy
- Quality Control Program - To FSIS
- Complete all portions of this form. Submit 6 copies.
- List all ingredients in descending order of predominance.
- Specify the maximum fat content of each meat used (column 8), e.g., "ground beef (no more than 26 percent fat)." Other meat items must be described so that they match a food item in the Food Buying Guide for Child Nutrition Programs (FBG), Program Aid Number 1331, January 1984, such as beef (fresh), chuck roast (without bone), etc.

FSIS MP Form 8822-1

- Indicate the raw weight of the individual portion.
- Indicate the actual cooking yield if a product or a portion is precooked.
- Include fill specifications per serving when a product consists of two or more major components. For example:

Pizza with Sausage and Vegetable Protein Product (VPP)

Fill Specification

<u>Component</u>	<u>Weight (ounce)</u>
Crust	1.90
Cheese	1.22
Cooked Meat Topping	1.20
Tomato Sauce	1.18
	<u>5.50-oz portion</u>

- Submit the following information when claiming bread credit for battered and/or breaded products:
 - a) Percentage breakdown of the whole-grain or enriched flour or meal contained in the batter/breader; and
 - b) Percentage breakdown of added water and any other liquid used in the batter/breader.

Product Label

- For sketch approval, submit a legible draft of the label as it will appear on the package. If the sketch is black and white, describe the colors that will appear on the final label. Submit 6 copies.
- For final approval, submit the label exactly as it will appear on the package. Submit 6 copies.

The following information must be printed on the label:

- product name
- Federal inspection legend
- name and address of manufacturer or distributor
- ingredient statement. Ingredients listed on the product label must match ingredients listed on MP Form 8822-1. For example: if ground beef (no more than 30 percent fat) is printed on the label then this must also be listed on the MP Form 8822-1.

- CN label statement. This statement must be an integral part of the product label and must include:

- logo
- product identification number assigned by FNS
- statement of credit (see below)
- authorization statement
- approval date (month/year label is approved final by FNS. Every time a final label application is submitted, a new approval date will be assigned).

The statement of credit identifies the contribution of a specific portion of a meat/meat alternate product toward the meat/meat alternate, bread/bread alternate, and/or vegetable/fruit component of the meal pattern requirements. The following criteria apply:

- A product serving must provide a minimum of 0.50 ounce equivalent meat/meat alternate. Ounce equivalents should be expressed as a decimal in increments of 0.25 ounce, such as, 0.50, 0.75, 1.00, etc., ounce equivalent meat/meat alternate. (Exception to this rule is for Bulk Topping only. See Sample Label Submittal for "Cooked Bulk Pizza Topping with VPP".)
- In order to receive a bread/bread alternate credit, a product must provide a minimum of 1/4 serving. Larger servings must be expressed in increments of 1/4 serving bread/bread alternate. (See the table on page 13 for breakdown of servings by weight.)
- In order to receive a vegetable/fruit credit, a product must provide a minimum of 1/8-cup serving. Larger servings must be expressed as a fraction in increments of 1/8-cup serving (1/8, 1/4, 3/8, etc...).

The CN statement must accurately reflect the product. For example:

- a) A product with meat and no VPP or other meat alternate such as dry beans or cheese would state "provides ____ oz equivalent meat."

- b) A product with meat and VPP or a meat alternate such as dry beans or cheese would state "provides ____ oz equivalent meat/meat alternate."

**Labels for Prepared
Ingredients/Components**

Attach 6 photo copies of the label of each supplier of meat/meat alternate components that are made off the premises (e.g., cooked pizza topping) and that will be credited toward the meal pattern requirements. These products must have a prior approved CN label.

**Alternate Food Products
Information**

Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein, when made and used according to USDA regulations, may be used to meet part of the meat/meat alternate component.

Attach 1 photo copy or facsimile of the label of each approved alternate food product that will be credited toward the meal pattern requirements. Write the manufacturer's name, product name, and identification number on all 6 copies of the MP Form 8822-1.

If a meat or poultry product contains VPP which is to be credited toward the meal pattern requirements, submit a letter or fact sheet from the VPP manufacturer verifying the percent protein of the VPP.

Additional information on FNS-approved alternate food products is available from the Nutrition and Technical Services Division, FNS.

Quality Control Program

The MPI Program, FSIS, approves acceptable plant quality control (QC) programs that can be effectively monitored by MPI inspectors. The QC program may be approved only after a label has received final approval.

Submit all QC programs to the FSIS inspector-in-charge for review. The inspector-in-charge will transmit the proposal to the Processed Products Inspection Division, Technical Services, FSIS, through the proper channels (circuit supervisor, area supervisor, regional office).

Additional information on inspection procedures is available from the Nutrition and Technical Services Division, FNS.

**Samples (Upon Request
Only)**

FNS may request a sample of the product as part of the review process. If a sample is requested, FNS may delay final label approval until it receives and reviews the sample. Label applications must pertain to products that

have been made and tested in a pilot plant or on an assembly line.

Procedures for Submitting CN Labels

Where to Submit

Submit all label applications to:

U.S. Department of Agriculture
Food and Nutrition Service
Nutrition and Technical Services Division, Room 602
3101 Park Center Drive
Alexandria, Virginia 22302
Attn: Label Reviewer

Request information and answers to inquiries by calling:
(703) 756-3556.

How to Submit

Processors may submit label applications by any of the following methods:

- Mail delivery
- Personal delivery by a manufacturer's representative
- Personal delivery by a label expediting firm.

FNS will review labels onsite on Tuesday and Thursday mornings with scheduled appointments only. If a manufacturer wants to send a representative to discuss a label application, he or she should call in advance for an appointment and bring the label application at the appointment time. The manufacturer must notify FNS if a label application is to be picked up by a representative other than the one who brought the application.

Procedures for Reviewing CN Labels

Queuing System (mailed labels only)

When FNS receives a mailed label, FNS dates the label and places it in a queuing system. Each label is reviewed in turn based on the date received. FNS will not grant exceptions to the queuing system except in extreme emergencies. The review time in FNS will be approximately 1 week; however, this may vary depending on the volume of labels. In addition, label approval for products that are exceptionally complex may take longer.

Once FNS approves and reviews a label, it forwards the label to FSIS for review.

Identification Numbering System

FNS will use an automated data system to assign a six-digit identification number to all labels. This system will help FNS keep track of label approvals and provide this information to regional, State, and local Child Nutrition Program staff. FNS will also use these data to notify the appropriate manufacturers when a new regulation requires them to resubmit labels. When a label is submitted in sketch, FNS assigns an identification number to it. Before a label is submitted final without prior sketch approval, the manufacturer must call FNS for an identification number before printing the label. A new identification number will be assigned every time a final label application is received.

Label Applications Returned

FNS will return label applications that are incorrect, illegible, or lacking appropriate information with notations of the errors. FNS will keep one copy of every label application in reviews. Labels that are resubmitted for review will be placed in the queuing system based on the date of resubmittal. If a manufacturer's representative is to pick up an application after the review, indicate this on the application.

Label Applications Resubmitted

Resubmit labels through FNS when there is a:

- newly assigned or revised establishment number
- change in the plant name or address
- change in the listing of ingredients
- quality or nutritional claim
- change in the product name.

Approve label changes at the plant level when:

- all features are proportionally enlarged or reduced
- abbreviations are substituted for words, e.g., lbs. for pounds
- wrappers are changed for holidays
- directions for opening the container or package are changed

- coupons are added/deleted
- net weights are changed
- recipes are added/deleted
- punctuation changes are made
- package open date is added/deleted
- packaging materials are changed
- distributor information is added
- colors are changed
- illustrations are changed
- code numbers are changed. Whenever a product's code number is changed, send FNS a copy of the new label.

Procedures for Determining Equivalent Meat/Meat Alternates

The unit of measure for the meat/meat alternate component is "oz equivalent." To be CN labeled, a serving of a product must provide a minimum of 0.50-ounce equivalent meat/meat alternate and credit must be expressed in 0.25-ounce increments. Any of the following can contribute to the meat/meat alternate component of the child nutrition meal pattern requirements: lean meat, poultry, fish, cheese, eggs, cooked dry beans and peas, peanut butter, or any of these combinations. Vegetable protein products, cheese alternate products, and enriched macaroni with fortified protein when made and used according to USDA regulations may also be used to meet part of the meat/meat alternate component. Additional information on use, approved products, etc., is available from the Nutrition and Technical Services Division, FNS, USDA, 3101 Park Center Drive, Room 602, Alexandria, VA 22302.

Determine the total ounces equivalent meat in a serving of a product by following these four steps:

Step 1: Determine which allowable meat/meat alternates are in the product being labeled.

Step 2: Calculate the ounce equivalent meat/meat alternates in each category. Procedures are on the following pages.

Step 3: Total the ounce equivalent meat/meat alternates calculated under each category.

Step 4: Round down to the nearest 0.25-ounce equivalent meat/meat alternate.

Calculating the Contribution of Meat

1. Multiply the raw serving size by the percentage of meat in the raw formula:

$$\text{oz raw meat/serving} \times \% \text{ raw meat} = \text{oz raw meat/serving}$$

2. Multiply the ounce raw meat/serving by the cooking yield as stated in the FBG.

$$\text{oz raw meat/serving} \times \text{FBG cooking yield}^1 = \text{oz equivalent meat/serving}$$

Calculating the Contribution of Meat and VPP

1. Determine the total percentage of raw meat mixture by adding the following values:

$$\begin{array}{rcccl} \% \text{ raw meat} & + & \% \text{ dry} & + & \% \text{ liquid (allowed for} \\ & & \text{VPP} & & \text{full hydration)} & = & \% \text{ raw meat} \\ & & & & & & \text{mixture} \end{array}$$

2. Check the percentage of fully hydrated VPP replacing the raw meat in the meat mixture (VPP replacement in excess of 30 percent will not be credited toward the meal pattern requirement):

$$\begin{array}{rcccl} \% \text{ dry} & + & \% \text{ liquid (allowed} & \div & \% \text{ raw meat} & \times & 100 & = & \% \text{ hydrated} \\ \text{VPP} & & \text{for full hydration)} & & \text{mixture} & & & & \text{VPP} \end{array}$$

3. Multiply the raw serving size by the percentage of total meat mixture to obtain the available raw meat/meat alternate per serving:

¹See page 21 for cooking yields of selected meat products.

raw serving x % total meat mixture = oz raw meat/meat
size alternate/serving

4. Multiply the ounce raw meat/meat alternate per serving by the cooking yield as stated in the FBG:

oz raw meat/meat x FBG cooking yield = oz equivalent
alternate meat/meat
alternate/serving

Calculating the Contribution of Dry Beans or Peas

1. Multiply the raw serving size² by the percentage of dry beans or peas in the raw formula:

oz raw serving x % dry beans = oz dry beans/serving

2. Convert the ounce dry beans/serving to pound dry beans/serving by dividing by 16 ounces/pound:

oz dry beans/serving ÷ 16 oz/lb = lb dry beans/serving

3. Multiply the pound dry beans/serving by the number of 1/4-cup servings per purchase unit (1 pound as purchased = 24.90 1/4-cup servings cooked dried pinto beans) - interpolated from the FBG. One-fourth cup cooked dry beans = 1.00 ounce equivalent meat alternate.

lb dry beans/serving x 1/4-cup servings/lb = 1/4-cup serving
cooked dry
beans/serving
or oz equivalent meat
alternate/
serving

NOTE: Cooking dried beans or peas may count as a meat alternate or a vegetable but not as both components in the same product.

²For cooked products, determine the ounce raw serving by dividing the following: oz serving ÷ manufacturer's actual cooking yield.

Calculating the Contribution of Cheese/Cheese Alternates

1. Multiply the raw serving size by the percentage of cheese (or cheese mixture)³ to determine the ounce of cheese per serving:

$$\text{oz raw serving} \times \% \text{ cheese} = \text{oz cheese/serving or oz equivalent meat alternate/serving}$$

NOTE: Cheese and FNS-approved cheese alternate products are calculated based on a 100-percent yield. Cottage cheese, ricotta cheese, and cheese foods are calculated based on a 50-percent yield.

Calculating the Contribution of Dried Whole Eggs

1. Multiply the serving size by the percentage of dried whole eggs in the formula to obtain the ounces of available dried whole eggs:

$$\text{oz raw serving} \times \% \text{ dried whole eggs} = \text{oz dried whole eggs/serving}$$

2. Convert ounce dried whole eggs/serving to pound dried whole eggs/serving by dividing by 16 ounces/pound.

$$\text{oz dried whole eggs/serving} \div 16 \text{ oz/lb} = \text{lb dried whole eggs/serving}$$

3. Multiply the pound dried whole eggs/serving by the servings per pound as found in the FBG (1 pound dried whole eggs = 32 large eggs or 64 ounces equivalent meat):

$$\text{lb dried whole eggs/serving} \times 64 = \text{oz equivalent meat alternate/serving}$$

³Cheese mixture is a combination of cheese and cheese alternate.

Calculating the Contribution of Cooked Toppings, Fillings, and Bulk Products Containing Meat and VPP⁴

1. Determine the total percentage of raw meat mixture by adding the following values:

$$\% \text{ raw meat} + \frac{\% \text{ dry}}{\text{VPP}} + \frac{\% \text{ liquid (allowed for full hydration)}}{\text{full hydration}} = \% \text{ raw meat mixture}$$

2. Check the percentage of fully hydrated VPP replacing the raw meat mixture (VPP replacement in excess of 30 percent will not be credited toward the meal pattern requirement):

$$\frac{\% \text{ dry} + \% \text{ liquid (allowed for full hydration)}}{\text{VPP}} \div \frac{\% \text{ raw meat}}{\text{mixture}} \times 100 = \% \text{ hydrated VPP}$$

3. Determine the ounce raw topping by dividing the following:

$$\frac{1 \text{ lb (16 oz)}}{\text{cooked topping}} \div \frac{\text{manufacturer's cooking yield}^5}{\text{yield}} = \text{oz raw topping}$$

4. Multiply the ounce raw topping by the percent raw meat mixture:

$$\text{oz raw topping} \times \% \text{ raw meat mixture} = \text{oz raw meat/meat alternate/lb topping}$$

5. Multiply the ounce raw meat/meat alternate/pound topping by the cooking yield as stated in the FBG:

$$\frac{\text{oz raw meat/meat alternate/lb topping}}{\text{topping}} \times \frac{\text{FBG cooking yield}}{\text{yield}} = \text{oz equivalent meat/meat alternate/lb cooked topping}$$

⁴Toppings, fillings and bulk products are terms used to describe the total meat product, such as meat, spices, etc.

⁵Manufacturer's cooking yield is based on cooking tests performed in the manufacturer's plant and reflects the cooking yield for the total product including meat, spices, water, etc.

Calculating the Contribution of Cooked Toppings, Fillings, and Bulk Products^{6,7} (For Use by a Second Manufacturer)

1. Check to make sure the product has an approved CN label.
2. Determine the percentage of equivalent meat/meat alternate provided in the topping by dividing the ounce equivalent meat/meat alternate in 1 pound of topping (as stated on the CN label) by 16 ounces:

$$\frac{\text{oz equivalent meat/meat alternate in 1 lb topping}}{16 \text{ oz}} \times 100 = \frac{\% \text{ equivalent meat/meat alternate}}{\text{meat/meat alternate}}$$

3. Multiply ounce cooked topping/serving by the percent equivalent meat/meat alternate:

$$\frac{\text{oz cooked topping/serving}}{\text{topping/serving}} \times \frac{\% \text{ equivalent meat/meat alternate}}{\text{meat/meat alternate}} = \frac{\text{oz equivalent meat/meat alternate/serving}}{\text{meat alternate/serving}}$$

Procedures for Determining Servings of Bread/Bread Alternates

The unit of measure for the bread/bread alternate component is "serving." In order to state bread credit on a CN label, the product must provide a minimum of 1/4 serving and credit must be expressed in 1/4-serving increments.

In order to use a product as a bread alternate in the Child Nutrition Programs, the following two criteria must be met:

⁶Toppings, fillings, and bulk products are terms used to describe the total meat product, such as meat, spices, etc.

⁷When ready-to-serve toppings, fillings, or bulk products are purchased from a manufacturer and are incorporated into your product, a copy of the CN approved label for the toppings, fillings, or bulk products must accompany the MP Form 8821-1 when submitted for approval.

- 1) Product must be served as an accompaniment to or as an integral part of the main dish of the meal.
- 2) The whole grain or enriched flour or meal must be the primary ingredient by weight.

Bread items are categorized into the following four groups:

Group A - Breads, Rolls, and Quick Breads

Examples: Bagels
Rolls

Pizza Crust
Corn Bread

Group B - Crackers and Low-Moisture Breads

Examples: Dry Bread Sticks
Batters and Breaders

Taco Shells
Melba Toast

Group C - Miscellaneous Items

Examples: Pancakes
Meat/Meat Alternate
Turnover Crust

Waffles
Tortillas

Group D - Pastas, Cereal Grains, and Breakfast Cereals

Examples: Ravioli
Lasagna Noodles

Macaroni
Rice
Oatmeal

Information on specific items in each group is available in Section 3 of the FBG.

The breakdown of servings by weight is as follows:

SERVING	GROUP A		GROUP B		GROUP C		GROUP D	
	grams	oz	grams	oz	grams	oz	cups cooked	oz dry
1/4	7	0.2	5	0.2	8	0.3	1/8	0.2
1/2	13	.5	10	.4	15	.5	1/4	.5
3/4	19	.7	15	.5	22	.8	3/8	.7
1	25	.9	20	.7	30	1.1	1/2	.9
1-1/4	31	1.1	25	.9	38	1.3	5/8	1.1
1-1/2	38	1.3	30	1.1	45	1.6	3/4	1.3
1-3/4	44	1.6	35	1.2	52	1.8	7/8	1.6
2	50	1.8	40	1.4	60	2.1	1	1.8

Determine the total number of bread servings in a product by following these steps:

Step 1: Determine the group that applies to your product.

Step 2: Determine the number of bread servings by dividing the ounces of bread/bread alternate in the product by the weight of a bread serving (in ounces). Consult the chart on the previous page or Section 3 of the FBG for each group of bread/bread alternate.

Step 3: Round down to the nearest 1/4 serving.

Procedures for Determining Vegetable/Fruit Credit

The vegetable/fruit component is credited on a volume measure. The unit of measure used is "cup." In order to state vegetable/fruit credit on a CN label, the product must provide a minimum of 1/8 of a cup and credit must be expressed in increments of 1/8 of a cup.

Determine the cup(s) of vegetable/fruit by following these four steps:

Step 1: Identify the food items that can be credited toward the vegetable/fruit requirement. Describe the items so that they match a food item in the FBG, e.g., cabbage, fresh, cooked, shredded. (This information can be found in columns 1 and 4.)

Step 2: Calculate the contribution of each food item that can be counted. (Procedures for determining this step are on the following pages.)

Step 3: Add the contribution of each food item to get the total.

Step 4: Round down to the nearest 1/8 of a cup.

Shown below are the calculations for Step 2.

1. Multiply the serving size (in ounces) by the percent of the product that is creditable vegetable/fruit:

serving	x	% of creditable	=	creditable vegetable/
size (oz)		vegetable/fruit		fruit per serving

2. Divide the amount of creditable vegetable/fruit by 16 (16 oz/lb):

$$\frac{\text{amount of creditable vegetable/fruit}}{16} = \text{No. of lb creditable vegetable/fruit per serving}$$

3. Multiply the creditable vegetable/fruit per serving by the number of servings per pound unit.⁸

$$\frac{\text{lb of vegetable/fruit per serving}}{\text{No. of servings per lb unit}} = \text{No. of 1/4 servings vegetable/fruit}$$

Sample CN Label Statements

Meat Patties

School Pack Fully Cooked/Sleeve Pack Char-Broiled Hamburger Steaks (Chopped and Shaped)

CN	000000
CN	2.40 oz Fully Cooked Char-Broiled Hamburger Steak provides 2.00 oz equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 68-84.)
CN	CN

Breaded Veal Pattie

CN	000000
CN	2.60 oz Fully Cooked Breaded Veal Pattie provides 1.50 oz equivalent meat for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-84.)
CN	CN

⁸ See page 23 for yield information on fresh and canned vegetables.

School Pack Cubed Beef Patties

CN 000000
3.00 oz Raw Cubed Beef Pattie provides when cooked
2.00 oz equivalent cooked meat/meat alternate for
CN Child Nutrition Meal Pattern Requirements. (Use CN
of this logo and statement authorized by the Food
and Nutrition Service, USDA 08-84.)
CN

School Pack Breaded Chicken Pattie

CN 000000
4.00 oz Fully Cooked Breaded Chicken Pattie provides
2.00 oz equivalent meat and 1 serving of bread
CN alternate for Child Nutrition Meal Pattern Require- CN
ments. (Use of this logo and statement authorized
by the Food and Nutrition Service, USDA 08-84.)
CN

Meat Balls

CN 000000
Six 0.50 oz cooked Meat Balls provides 2.00 oz
equivalent meat/meat alternate for Child Nutrition
CN Meal Pattern Requirements. (Use of this logo and CN
statement authorized by the Food and Nutrition
Service, USDA 08-84.)
CN

School Pack Fully Cooked Salisbury Steaks

CN 000000
2.60 oz Fully Cooked Salisbury Steaks provides 2.00
oz equivalent meat/meat alternate for Child Nutrition
CN Meal Pattern Requirements. (Use of this logo and CN
statement authorized by the Food and Nutrition
Service, USDA 08-84.)
CN

Bulk Products

Cooked Beef Pattie Crumbles

CN 000000
One pound (16 oz) of Cooked Beef Pattie Crumbles provides 11.84 oz equivalent meat/meat alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-84.) CN
CN

Pizza

School Lunch Pizza with Sausage and Vegetable Protein Product

CN 000000
5.00 oz Pizza with Sausage and Vegetable Protein Product [containing 1.28 oz equivalent cooked meat, 0.75 oz Cheese Mix - 0.38 oz mozzarella cheese, 0.37 oz mozzarella cheese substitute and 1.50 oz enriched pizza crust],⁹ provides 2.00 oz equivalent meat/meat alternate, one serving of bread alternate, and 1/8 cup vegetable for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-84.) CN
CN

Pizza with Beef and Vegetable Protein Product

CN 000000
5.10 oz Pizza with Beef and Vegetable Protein Product [containing 1.52 oz equivalent cooked meat, 0.50 oz mozzarella cheese and 1.75 oz enriched pizza crust]⁹ provides 2.00 oz equivalent meat/meat alternate and 1-1/2 servings of bread alternate for Child Nutrition Meal Pattern Requirements. (Use of this logo and statement authorized by the Food and Nutrition Service, USDA 08-84.) CN
CN

⁹NOTE: Information in BRACKETS [] is optional.

**Beef and Bean
Burritos**

5.50 oz Red Chili Burritos
(Beef, Bean, and Vegetable Protein Product)

CN 000000
This 5.50 oz Burrito [containing 3.50 oz filling -
1.15 oz equivalent cooked meat, 0.875 oz equivalent
cooked dry beans and 2.00 oz enriched flour tortilla]⁹
CN provides 2.00 oz equivalent meat/meat alternate and CN
1-3/4 servings of bread alternate for Child Nutrition
Meal Pattern Requirements. (Use of this logo and
statement authorized by the Food and Nutrition
Service, USDA 08-84.)
CN

5.50 oz Green Chili Burritos
(Beef, Bean, and Vegetable Protein Product)

CN 000000
5.50 oz Burrito [containing 3.45 oz filling - 1.00
oz equivalent cooked meat, 1.00 oz equivalent cooked
dry beans and 2.05 oz enriched flour tortilla],⁹
CN provides 2.00 oz equivalent meat/meat alternate and CN
1-3/4 servings of bread alternate for Child Nutrition
Meal Pattern Requirements. (Use of this logo and
statement authorized by the Food and Nutrition
Service, USDA 08-84.)
CN

Beef Ravioli

Beef Ravioli (Canned)

CN 000000
Contents of this can (108 oz - 110 Ravioli Pies)
provides 13.50 servings (8.0 oz each) of 2.00 oz
equivalent meat/meat alternate. Each serving of
8.00 oz (8 ravioli pies with sauce) will provide
1.00 oz cooked meat and 1 oz of equivalent meat
CN alternate (in the form of one ounce dry - 3.00 oz CN
cooked - Enriched Wheat Macaroni Product with
Fortified Protein) for Child Nutrition Meal
Pattern Requirements. (Use of this logo and
statement authorized by the Food and Nutrition
Service, USDA 08-84.)
CN

⁹NOTE: Information in BRACKETS [] is optional.

Barbecue

Barbecue Sauce with Chopped Beef and Vegetable Protein
Product

CN

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Each 4.00 oz serving of this product provides 2.00 oz
equivalent meat/meat alternate for Child Nutrition
CN Meal Pattern Requirements. -(Use of this logo and CN
statement authorized by the Food and Nutrition
Service, USDA 08-84.)

CN

Selected Yield Data for Commonly Used Meats¹

MEAT	YIELD
Beef, Fresh or Frozen	
Brisket, Fresh (without bone)	46%
Ground Beef	
no more than 30% fat	70%
Ground Beef	
no more than 26% fat	72%
Ground Beef - USDA donated (special purchase) no more than 24% fat	73%
Chicken	
Mechanically Separated	70%
Boneless Chicken	70%
Boned Chicken - canned	72%
Frankfurters ²	100%
Pork, Fresh or Frozen	
Ground Pork - USDA donated (special purchase) no more than 24% fat	73%
Roast, Shoulder, Boston Butt	
without bone	54%
with bone	50%
Sausage ³ , Bulk, Link, or Patty	47%
Pork products, canned	
Pork with natural juices - USDA donated	51%

¹Data derived from the Food Buying Guide for Child Nutrition Programs, Program Aid Number 1331, January 1984.

²Yields for frankfurters, bologna, and similar sausage products are based on products that do not contain meat or poultry byproducts, cereals, or extenders.

³Fresh pork sausage (no more than 50 percent trimable fat) is based on USDA, FSIS Standard as published in the Code of Federal Regulations, Title 9, Part 319.141 Fresh Pork.

MEAT	YIELD
Turkey	
Raw Boneless Turkey (skin and fat in natural proportions)	70%
Turkey, Fresh or Frozen	
Whole (ready to cook, without neck and giblets)	
with skin	53%
without skin	47%
Turkey Ham ⁴ , Cooked	70%
Turkey Roll, Frozen (USDA donated, cooked)	66%

Selected Yield Data for Commonly Used Meat Alternates⁵

MEAT ALTERNATES	SERVINGS PER POUND
Beans, dry ⁶	
Blackeyed beans (or peas) ...	28.3 1/4-cup cooked beans
Garbanzo (chickpeas)	24.6 1/4-cup cooked beans
Great Northern	25.5 1/4-cup cooked beans
Kidney	24.8 1/4-cup cooked beans
Lima (large)	27.0 1/4-cup cooked beans
(small)	23.4 1/4-cup cooked beans
Mung	28.1 1/4-cup cooked beans
Navy (pea)	23.9 1/4-cup cooked beans
Pinto	24.9 1/4-cup cooked beans
Soybeans	25.9 1/4-cup cooked beans
Dry Beans, Canned	
Blackeyed beans (or peas)	6.5 1/4-cup drained beans

⁴Turkey Ham is based on USDA, FSIS Standard as published in Vol. 44 no. 177, August 31, 1979 (to be Part 381.171 Subpart P, of the Code of Federal Regulations, Title 9).

⁵Data derived from the Food Buying Guide for Child Nutrition Programs, Program Aid Number 1331, January 1984.

⁶1/4 cup = 1 oz equivalent meat alternate.

MEAT ALTERNATES	SERVINGS PER POUND
Garbanzo (chickpeas)	7.2 1/4-cup drained beans
Kidney	6.2 1/4-cup drained beans
Lima	6.2 1/4-cup drained beans
Pinto	6.4 1/4-cup drained beans
Cheese	
Cheese Food Products	8 1-oz servings
Cottage Cheese	8 1-oz servings
Ricotta Cheese	8 1-oz servings
American	16 1-oz servings
Cheddar	16 1-oz servings
Mozzarella	16 1-oz servings
Parmesan (grated)	16 1-oz servings
Romano (grated)	16 1-oz servings
Swiss	16 1-oz servings
Eggs⁷	
Dried Whole Eggs	32 large eggs or 64-oz equivalent meat
Frozen Whole Eggs	9 large eggs or 18-oz equivalent meat
Peanut Butter, Canned	14.4

Selected Yield Data for Commonly Used Fresh and Canned Vegetables

VEGETABLES	SERVINGS PER POUND
BEANS, BLACK EYE BEANS OR PEAS	
Fresh (shelled)	10.30
Canned (green, drained)	9.56
BEANS, GREEN	
Fresh (ready to cook)	12.61
Canned (whole, drained)	14.27
Canned (cut, drained)	11.95
Canned (french style, drained)	9.92
BEANS, KIDNEY	
Canned (drained)	9.31

⁷One large egg = 2 oz equivalent meat alternate.

VEGETABLES	SERVINGS PER POUND
BEANS, LIMA	
Fresh (shelled)	10.80
Canned (green, drained)	9.11
BEANS, PINTO	
Canned (drained)	7.52
BEANS, WAX	
Fresh (ready-to-cook)	10.68
Canned (drained)	12.45
BEANS, SPROUTS	
Canned (drained)	11.93
BEETS	
Canned (diced, drained)	10.58
Canned (sliced, drained)	9.88
Canned (whole baby beets, drained)	11.34
BROCCOLI	
Fresh (ready-to-cook spears)	11.60
Fresh (ready-to-cook cuts)	12.59
BRUSSELS SPROUTS	
Fresh (ready-to-cook)	11.18
CABBAGE	
Fresh (ready-to-cook, shredded)	15.50
CABBAGE, CELERY OR CHINESE	
Fresh (ready-to-cook, strips)	11.39
CABBAGE, RED	
Fresh (ready-to-cook, shredded)	15.86
CARROTS	
Fresh (ready-to-cook)	12.00
Canned (diced, drained)	10.68
Canned (sliced, drained)	11.16
CAULIFLOWER	
Fresh (trimmed, ready-to-cook, florets) .	14.19
CELERY	
Fresh (trimmed, ready-to-cook, diced) ...	10.48
Canned (cooked, diced, drained)	8.64

VEGETABLES	SERVINGS PER POUND
COLLARDS	
Fresh (ready-to-cook, untrimmed leaves)	10.87
Fresh (ready-to-cook, untrimmed-leaves and stems)	14.18
Canned (drained)	6.82
CORN	
Canned (whole kernel, drained)	
vacuum pack	10.59
liquid pack	10.61
KALE	
Fresh (ready-to-cook, untrimmed)	17.61
Canned (drained)	10.98
MUSHROOMS	
Fresh (ready-to-cook, sliced)	8.46
Canned (drained)	11.60
MUSTARD GREENS	
Fresh (ready-to-cook, untrimmed)	14.19
Canned (drained)	11.82
OKRA	
Fresh (ready-to-cook, sliced)	10.34
Canned (cut, drained)	10.23
ONIONS, MATURE	
Fresh (ready-to-cook, pieces)	8.97
Canned (drained)	8.11
PEAS AND CARROTS	
Canned (drained)	10.02
PEAS, GREEN	
Fresh (shelled)	10.60
Canned (drained)	10.25
PEPPERS, GREEN	
Fresh (ready-to-cook, strips)	12.25
PIMIENTOS	
Canned (chopped or diced, drained)	8.82
(whole, drained)	8.61

VEGETABLES	SERVINGS PER POUND
POTATOES, WHITE	
Fresh (ready-to-cook, sliced)	12.22
Canned (small whole, drained)	9.73
Dehydrated (low moisture)	
Diced	45.10
Flakes	48.60
Granules	48.60
Slices	43.50
SAUERKRAUT	
Canned (drained)	11.72
SPINACH	
Fresh (ready-to-cook, partly trimmed)	8.63
Canned (drained)	7.30
SQUASH, SUMMER	
Fresh, yellow (ready-to-cook, sliced)	8.94
Zucchini (ready-to-cook, cubed)	8.08
Zucchini (ready-to-cook, sliced)	10.85
Canned (sliced, drained)	6.97
SUCCOTASH	
Canned (drained)	10.67
SWEET POTATOES	
Fresh (ready-to-cook, mashed)	6.87
Fresh (ready-to-cook, sliced)	11.37
Canned-syrup pack (cut, drained)	10.25
Canned-syrup pack (whole, drained)	10.34
TOMATOES	
Fresh (ready-to-serve, sliced)	9.80
Canned (heated, drained)	11.05
TOMATO PASTE	
Canned	27.60
TOMATO PUREE	
Canned	14.40
TOMATO SAUCE	
Canned	7.60

VEGETABLES	SERVINGS PER POUND
VEGETABLE, MIXED	
Canned (drained)	9.45
WATER CHESTNUTS	
Canned (drained)	6.70

This is an equal opportunity program. If you believe you have been discriminated against because of race, color, national origin, sex, age, or handicap, write immediately to the Secretary of Agriculture, Washington, DC 20250.